OOBE File

18 OCTOBER, 1978

Dear Sirs —

First, I would like to say to whomever reads this that I am writing it mostly because of my interest in psychic phenomena, and secondly, because at approximately age 18 (am now 26) I experienced or imagined I experienced a separation of "me" from the physical.

Allow me to explain. At the time in my life I was only interested in sleep when it was entirely necessary. I would usually stay awake from 24 to 30 hours at a time, riding my motorcycle and visiting friends. I remember taking amphetamines during this time; smoking and drinking little. One morning after being up all night I visited where my girlfriend was babysitting. We talked awhile and then while she was going about her chores of watching the kids, I decided to get some rest. I laid down (face down) on the couch. While I was resting, my hand fell to the floor and came into contact with her boots at which time I thought of how much I would like to be with her. (She was in the kitchen while I was on the couch). I must have dozed off in this position, and the next thing that I remember was "being" next to the ceiling as if in keeping my same orientation to the couch, I floated upwards. I then exclaimed, "Get me a doctor, I'm sick" or something similar. After saying this I immediately rejoined myself on the couch and woke to explain to her what had happened. She passed it off as being a dream or hallucination caused by a combination of fatigue and amphetamines which I neither rejected or accepted. We never talked about it afterwards thinking of it as being unimportant. I have to this date never again consciously experienced this separation. I was reminded again of this kind of phenomena while in the Army when I read a magazine article about a young lady's experience with what she termed astral projection. I couldn't get much of a positive response from anyone around me — as a matter of fact, I was more or less ridiculed. I again lost interest in psychic phenomena for awhile.

I left the Army 5 years ago and just recently I heard something relating to out of body experiences which once again renewed my interest. I now would like to find out what

really happened to me 8 years ago. The catalyst was an item in the news relating to a spiritual movement called ECKANKAR. It's foremost authority seems to be a man by the name of Paul Twitchell. I read Mr. Twitchell's book entitled "Eckankar" and decided that it was much too spiritual for me, so I set out to find a book on Astral Projection. It was then I found Journeys out of the Body which has helped me to understand what might have happened to me 8 years ago. I tried some of Mr. Monroe's exercises but decided I was not psychologically ready for a "point of no return". I find myself wondering if I am dealing with a reality or otherwise. Perhaps I am afraid my thinking will too radically change and I will lose touch with the reality of the 6 day work week, paying bills, being competent in the engineering department, etc. I would someday like to experience this separation, but I feel it will only happen when I am mentally, and spiritually ready for it. This is where you ~~come~~ COME in. I feel that a reply from you will be beneficial and perhaps some information regarding what is being done these days at the Institute. If I have an ability which appears to be unique; then I feel I should learn more about it, and later, perhaps, I could become adept & help others who need it. I believe this ability could be abused, but I also think that the people who could abuse it, couldn't learn it.

Again - I hope you can reply to this letter, and send me some information on others like myself who write in asking for help and information. And a personal thank you is in order for Robert Monroe for a seemingly truthful and realistic account of the subject and his own personal ability to leave his body.

Thank You

[redacted]

FLORISSANT, MISSOURI 63031